



TOUGH GUYS DON'T MINCE WORDS

IT'S ALL ABOUT FINDING WAYS TO WIN, SAYS NEW LEAFS COACH S

PAGE 17



LONDON

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Tuesday, March 6, 2012



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'It's about the little girl who lost her life': Tori's father

Rafferty trial begins.

Jury hears disturbing details of eight-year-old Victoria Stafford's murder

The horrifying alleged story of eight-year-old Victoria Stafford's last hours, after she was snatched outside her school and before her body

was left under a pile of rocks far from home, was laid out in a London courtroom on Monday.

Tori was abducted by Michael Rafferty and Terri-Lynne McClintic, sexually assaulted and beaten to death on April 8, 2009, Crown attorney Kevin Gowdey told the jury on the first day of Rafferty's trial. McClintic, 21, has already pleaded guilty to first-degree murder and is

serving a life sentence.

Rafferty has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

The jury was warned that over the course of the trial, expected to last two and a half months, they will hear graphic and disturbing evidence. A pathologist will testify that Tori died from repeated blows to her head with a hammer. Blunt impacts to

her body also lacerated her liver and fractured her ribs, Gowdey said. Her body, not discovered for 103 days, was found naked from the waist down, clothed only in a Hannah Montana T-shirt.

Rafferty, wearing a grey suit and a blue-striped tie, sat expressionless as he listened to the Gowdey describe the alleged events of the day Tori went missing.

Outside court on Monday,

Tori's father, Rodney Stafford, said it's hard for him to be in the same room as the man accused of killing his daughter, and he hopes Tori's name will be remembered more than the man in the prisoner's dock.

"It's not about Rafferty, it's about the little girl who lost her life," he said, carefully choosing his words because the trial is underway.

Stafford said it's been a

struggle for the family to cope with their loss.

"Up, down, all over the place. It's hard to explain," he said. "You can't even put it into words because from one minute to another you're all over the place. One song could change your total demeanour from being positive to a ... whimpering fool. It's not like I want to be like this."

THE CANADIAN PRESS

MORE COVERAGE, PAGE 3



Rodney Stafford and his girlfriend, Patrina Fraser, right, leave the London courthouse on Monday after the first day of Michael Rafferty's trial for the 2009 slaying of Tori Stafford, 8, of Woodstock. She was Rodney Stafford's daughter. Doreen Graichen, Tori's grandmother, is at left. ANGELA MULLINS/METRO

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Rafferty trial turns spotlight on London

Tori Stafford. Only two cases in recent history compare to frenzy around man accused in child's death: Police



ANGELA MULLINS
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Hours before the sun rose Monday, media personalities from across Canada were

lined up outside downtown London's courthouse, and satellite trucks were staking their claim on parking spaces.

It's a scene that's expected to play out daily as media outlets scramble to cover Michael Rafferty's murder trial and hope to capture what could be the final puzzle piece in eight-year-old Tori Stafford's death.

"I think it might be a bit of the (Paul) Bernardo thing," London police Sgt. Andy Cattrysse said about the fas-

How long?

3 months

Estimated length of Michael Rafferty trial.

cination with the case.

There are similarities in the cases, such as the drama surrounding the relationship between Rafferty and Terri-Lynne McClintic.

McClintic, Rafferty's girlfriend at the time of Tori's

2009 slaying, has pleaded guilty to first-degree murder.

The case, moved from the Woodstock courthouse in hopes of getting an impartial jury, is one of the largest to hit London in recent years. With the 14th-floor courtroom filled to capacity, most media — upward of about 30 people — watched the first day of Rafferty's trial on three television screens in an overflow room.

Cattrysse and other security staff said only two recent

cases have generated anywhere close to as much attention in London: The 2009 Bandidos trial and trials in the 1980s for Guy Paul Morin.

The Bandidos trial saw six men convicted in the 2006 execution-style slayings of eight men with ties to the biker gang.

Morin went to trial twice and was convicted the second time around for the 1984 death of a nine-year-old Queensville girl. He was later exonerated by DNA testing.



Window dressing: Shopkeeper prepares display for Frilly Lizard opening

Caitie Suchwallo, assistant general manager of the Frilly Lizard, touches up a window display Monday in the shop's new storefront at 360 Talbot St. Owner Sue Glass has moved Frilly into the space where she used to operate Commander Salamander, which closed in January. Frilly, complete with what Glass calls a New York-feel and new clothing lines, opened Monday. **ANGELA MULLINS/METRO**

Missing person. Police release photo of SUV in connection with case

London police have released a photo of an SUV similar to the vehicle they believe a missing woman may have been in the night she disappeared.

Last week, police requested the public's help in locating Vanessa Fotheringham, 24, who was last seen in London on Thursday, Feb. 16.

Police say Fotheringham may have been the occupant of a grey 2002 Saturn Vue with black steel rims and no hubcaps. The vehicle is believed to have been driven on Dundas Street East, as well as around Wharncliffe Road North and Oxford



Grey 2002 Saturn Vue. CONTRIBUTED

Street West on the evening of Feb. 16.

Fotheringham, 24, is five-foot-three with long brown hair and brown eyes. The police and her family are concerned about her welfare.



Vanessa Fotheringham. CONTRIBUTED

Anybody who has information about the vehicle or Fotheringham is asked to call London police at 519-660-5670. London Crime Stoppers at 1-800-222-TIPS or visit londoncrimestoppers.com. **METRO**

High note. Soparano wins annual music competition

Soprano Margie Bernal won top prize at the London Music Scholarship Foundation's annual competition in von Kuster Hall at the Don Wright Faculty of Music last week-end.

Bernal won \$3,500 for placing first — \$2,000 for being the winner and \$1,500 for making the top eight finalists.

Pianist Vladimir Soloviev was second and took home a total of \$3,000; Elisa Jinga (piano) placed third and won \$2,500.

The other artists who made the top eight and received \$1,500 are: Joel Tang-



Margie Bernal
CLAIS ANDERSEN/FOR METRO

jerd (cello); Peter Gajdek (trumpet); Evan Korbut (voice); Matthew Pauls (voice); and Tina Park, violin.

METRO

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NEWS



News in brief

Putin Protest

An attempt by Vladimir Putin's foes to protest his presidential election victory by occupying a Moscow square ended with riot police quickly dispersing and detaining hundreds of demonstrators. Watch at metronews.ca/video

On the Web



Dieticians take to the web to bust nutrition myths and misconceptions. Scan the code for the story.

Warrant. Wanted: sex-assault suspect

London police have issued an arrest warrant for a suspect wanted in connection to a sexual assault.

On Saturday, police responded to a report that a female victim was sexually assaulted in London before being forced to drive a male suspect to the Oneida First Nation.

Rupert Cornelius, 32, is wanted on several charges, including sexual assault and forcible confinement. Police consider him armed and dangerous and should not be approached by the public.

METRO



Rupert Cornelius
SUBMITTED

Theatre. Grand unveils playbill plan

The Grand Theatre's 2012-13 season is filled with enough music, drama, comedy and suspense to whet any thespian-minded Londoners' appetite.

"Each play provides a unique adventure ... balancing different eras, different styles," artistic director Susan Ferley said as the playbill was announced Monday.

Together, she said, the shows resemble a "buffet of many different flavours coming together to delight."

The six-play Mainstage Series kicks off in October with the light-hearted *Calendar Girls* and culminates in April with *Dance Legends*, a show highlighting dancers and choreographers from the last 100 years.

In between, The Grand stage will play host to well-known stories — such as *Mir-*

To learn more

More information about The Grand's 2012-13 season, including ticket prices, is available at grandtheatre.com or by calling 519-672-8800.

acle on 34th Street the Musical — and shows that might hold a little something new for ticket-holders: Kim's Convenience, Yankee Tavern and Mom's the Word for Crying Out Loud.

The upcoming season will see the theatre's high school project return with local students donning their best British for *My Fair Lady* in September. Students will return in the spring for a production of *William Shakespeare's Taming of the Shrew* in the McManus Theatre. ANGELA MULLINS/METRO

Lightning counting on post-season experience

Basketball. The London Lightning kick off the semifinal round of the NBL of Canada playoffs Tuesday at 7 p.m. in Saint John against the Mill Rats

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Cruising to a 28-8 regular-season record and clinching the No. 1 seed typically earns a team home-court advantage throughout the playoffs. But for the London Lightning, that is not exactly the case.

"It's really not home-court advantage," said Lightning general manager Taylor Brown. "But in this league you have to win on the road and we've done it all year, so we're not too worried about it."

In a scheduling quirk, the first of two NBL of Canada playoff rounds is a three-game series, with the higher-seeded team playing Games 2 and 3 at home and starting the series on the road. In a short series, anything can happen and talent can sometimes take a back seat to fortuitous bounces. Attention to detail takes on a greater importance.

"It's a different season now," Brown said.

But the Lightning roster wasn't built for just regular-season success.

"All of our guys have won championships at different levels," said Brown. "As much as other teams are going to play tougher in the playoffs, our guys

The series

Game 2 will be in London on Friday at 7 p.m. and Game 3 (if necessary) will also be at the JLC on Sunday at 7 p.m.

are just as ready and prepared." The Lightning had a 5-1 record against the Saint John Mill Rats in the regular season.

London Lightning

Offence: Led the league in shooting percentage (44.6 per cent), third in points per game (103.1), free-throw percentage (70.9 per cent), fifth in assists per game (20.6), and sixth in offensive rebounds per game (13.4).

Defence: Led the league in fewest points against per game (95.6), field-goal defence (40.7 per cent), fourth in steals per game (8.8), fifth in blocks (3.9), and sixth in defensive rebounds per game (35.1).

Players to watch: Forward Gabe Freeman led the league in rebounding (12.1 per game) and led the team in scoring with 17.9 points per game. Guard De-Anthony Bowden led the team with 4.8 assists per game.

Saint John Mill Rats

Offence: Fourth in shooting percentage (42.8 per cent), fifth in points per game (99.3), fourth in free-throw percentage (70.5 per cent), third in assists per game (21.9), seventh in offensive rebounds per game (10.6).

Defence: Third in points against per game (99.5), fifth in field goal defence (43.8 per cent), seventh in steals per game (8.0), seventh in blocks (2.8), and



The London Lightning's Gabe Freeman dunks during Sunday's game against the Summerside Storm at the John Labatt Centre. ANGELA MULLINS/METRO

fourth in defensive rebounds per game (37.0).

Players to Watch: Anthony

Anderson ranked second in the league in both points (18.1) and assists (5.9) per game.



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Tory blames Elections Canada for robocall controversy

Protest. Canadians brave cold weather to denounce scandal and demand answers

By the numbers

31,000

Elections Canada is reviewing more than 31,000 reports of robocalls.

A Conservative backbencher is suggesting Elections Canada may be to blame for the robocalls affair.

"I suspect that, at the end of the day, if Elections Canada has the resources to do a proper investigation, they'll find they're themselves significantly responsible," Saskatchewan MP Maurice Vellacott said in a statement.

"That tech issues with marrying (Elections Canada) lists to available, electronic phone lists is part of the problem, and in a few instances there may have been malfeasance by one party or the other."

Vellacott says there have been numerous address errors by Elections Canada in each of the six federal elections he has contested.

"This is no reflection on our faithful, local returning officer ... and their office workers. The errors and misinformation are compiled and compounded by

Elections Canada's head of office," he said.

"We don't even bother trying to chase down, trace back and correct all these Elections Canada errors anymore. Too much valuable campaign time would be used up on such a project."

Vellacott says Elections Canada has flawed voting lists and often gives voters incorrect information.

The robocalls affair broke after it was revealed Elections Canada was investigating an incident in Guelph, Ont., of voters being called on the telephone and told to go to polls that didn't exist during last spring's federal election.

Since then, Canadians in dozens of ridings have reported receiving similar calls, or being telephoned at inconvenient hours or harassed by people purportedly calling on behalf of political parties.

THE CANADIAN PRESS



Protesters take part in a robocall protest on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Teenager acquitted in bully-suicide trial



Mitchell Wilson, who had muscular dystrophy, committed suicide on Sept. 6 at age 11. CONTRIBUTED

Family members of an 11-year-old boy who killed himself in a case that garnered widespread attention about bullying said Monday they were content despite the acquittal of a teen charged with robbing and assaulting him.

In finding the 13-year-old accused not guilty, Justice Mary Teresa Devlin said she had doubts about the identity of Mitchell Wilson's attacker.

"I believe they followed the law right to the letter (and) I don't think Mitchell would've liked to have seen

the law bent for his own benefit," his father Craig Wilson said outside court.

"For that reason, I think we walked out respectfully with our heads held high."

Mitchell, who suffered from muscular dystrophy, killed himself last September, after being subpoenaed to testify in the case.

His family said he was terrified at the prospect of facing the youth accused of slamming his face into the sidewalk, chipping his teeth, and stealing his iPhone in Pickering, Ont., in November

2010.

Mitchell faced constant bullying, and the physical assault coupled with his progressive muscle-wasting disease had plunged him into a downward spiral of despair, his family said.

He died last Labour Day after wrapping a plastic bag over his head.

Last month, Devlin admitted oral and written statements as to the identity of his attacker that Mitchell had given his stepmother and police before his suicide.

THE CANADIAN PRESS

Bullying

Mitchell Wilson's case drew the attention of media and Premier Dalton McGuinty.

- McGuinty cited the case along with other similar high-profile cases, as reasons to implement tough anti-bullying legislation.
- New laws would see bullies expelled and press school boards to identify aggressive behaviour early.

Accidental death

Man buried alive trying to set world record

A Sri Lankan man named Janaka Basnayake, 24, died while trying to set a record for the longest time spent buried alive, police said. The cause of death is being investigated. THE ASSOCIATED PRESS

100th anniversary

Mint releases Titanic coin

The Royal Canadian Mint has unveiled a commemorative silver coin to mark the centennial of the Titanic sinking.

The collector coin, designed by Yves Berube, shows the ship under full steam as it nears an iceberg. THE ASSOCIATED PRESS



A giant replica of the Titanic coin
ANDREW VAUGHAN/THE CANADIAN PRESS

Back-and-forth

NDP-er calls for Tory to quit over sleep accusations

NDP MP Peter Stoffer is calling on Tory MP Rob Anders to resign from a House of Commons committee after veterans accused him of falling asleep during a presentation. THE ASSOCIATED PRESS

Diplomacy

U.S. promises to support Israel

President Barack Obama assured Israel's visiting leader, Prime Minister Benjamin Netanyahu, Monday that the United States "will always have Israel's back," in a display of unity between allies who often disagree.

THE ASSOCIATED PRESS

Weather

Warm winter set to give way to typical spring

Arctic winds may have given way to balmy breezes across most of Canada this winter, but the Weather Network is predicting the country will spring back to reality in the coming months. THE ASSOCIATED PRESS

App achievement

Apple app store hits 25 billion downloads

More than 25 billion apps have been downloaded from Apple's app store.

A news release from Apple on Monday said the downloads came from more than 315 million iPhones, iPads and iPods. The app store has more than 550,000 apps to date.

Chunli Fu of Qingdao, China, downloaded the 25 billionth app and won a \$10,000 iTunes gift card.

THE ASSOCIATED PRESS

Stock soars

BP shares up after Gulf spill settlement

Shares in BP PLC have hit their highest level in over a year in the wake of the oil company's announcement that it had reached a settlement with victims of the Gulf of Mexico oil spill.

BP shares were up 1.6 per cent at 504.4 pence in midday trading in London Monday. The company's share price had earlier struck a high of 512 pence, its highest level since January 2011. THE ASSOCIATED PRESS

Market Moment



DOLLAR
\$100.58 US
(-0.57¢)



TSX
12,523.95 (-119.87)



OIL
\$106.72 US (+2¢)



GOLD
\$1,703.90 US (-\$5.90)

Natural gas (per 1,000 cubic feet): \$2.36 US (-13¢)
Dow Jones: 12,962.81 (-14.76)

EU eyes quotas for corporate boards

Gender equality. European Commission says low presence of women in decision-making positions hurts companies' results

The European Union is moving closer to introducing mandatory quotas for the number of women on company boards after businesses failed to make sufficient progress in gender equality over the past year.

The EU's Justice Commissioner, Viviane Reding, said Monday that at the current rate it would take more than 40 years for women to hold 40 per cent of board positions in Europe's publicly traded companies.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.



European Commissioner Viviane Reding addresses the media in Brussels on Monday. YVES LOGGHE/THE ASSOCIATED PRESS

crease to 40 per cent.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.

At the moment, only one in seven — or less than 14 per cent of — board members at

Europe's biggest companies are women, the Commission said. That's up only slightly from just under 12 per cent in 2010 and despite the fact that 60 per cent of university graduates are now women.

The percentage of women chairing major European companies even fell slightly over the past two years, to 3.2 per cent from 3.4 per cent in January 2010. THE ASSOCIATED PRESS

Real estate

Home sales expected to outpace 2011

The number of Canadian homes sold this year will outpace 2011 while prices will hold steady in most parts of the country, the country's largest real estate association said Monday in a rosy revision to its 2012 outlook.

The Canadian Real Estate Association said the number of home sales will grow by 0.3 per cent this year to 458,800 from 457,305 units in 2011, largely due to the continuation of low borrowing rates.

The national average price is forecast to dip by 1.1 per cent in 2012 to \$359,100 but that's due to a drop-off in multi-million dollar sales activity in Vancouver — Canada's most expensive real estate market.

Prices are expected to remain around current levels in most parts of the country, CREA said.

CREA expects Alberta, Saskatchewan, and Nova Scotia will drive the sales growth this year, offsetting weakness in other provinces.

THE ASSOCIATED PRESS

Police too cozy with press, U.K. media inquiry hears



Former London police commissioner Paul Stephenson stands outside New Scotland Yard in London, in January 2009. SANG TAN/THE ASSOCIATED PRESS

Too much gossip between senior police officials and the press has led to breaches in confidentiality, the former head of London's Metropolitan Police said Monday.

Paul Stephenson, who resigned last year over his force's failure to get to grips with the phone hacking scandal at Rupert Murdoch's News International, told Britain's media ethics inquiry that relations between a small number of police managers and the media were closer than necessary.

Stephenson didn't go into detail, but his comments are the latest to underline the often close relations between Brit-

ain's national press and its biggest police force.

Senior Scotland Yard official Sue Akers testified last week that journalists paid tens of thousands of pounds' worth of bribes to serving police officers, and Stephenson's former deputy, John Yates, was thrown onto the defensive Thursday after it was revealed that he'd shared Champagne with one of the many journalists who are now suspects in the scandal.

Elizabeth Filkin, a civil servant commissioned by Scotland Yard to review its relationship with the press, testified that she'd been told police had given journalists exclusives in order

to avoid embarrassing stories about their personal lives, and that the perception in the lower ranks was that senior officers were loading up on freebies — including a "very large" number of sports tickets.

Asked which media organizations were the most generous, she said: "There was certainly a lot of hospitality given by News International newspapers."

The scandal over the systematic interception of voicemails has rocked Britain's establishment, leading to the arrest or resignation of dozens of reporters, public officials, and News International executives.

THE ASSOCIATED PRESS

Political interference?

- Stephenson touched on the issue of links between the press and authorities when he revealed that London's deputy mayor, Kit Malthouse, had privately urged him to scale back the investigation into wrongdoing at Murdoch's News of the World.

- Opposition lawmaker Chris Bryant, an outspoken phone hacking victim, said the intervention amounted to "political manipulation" and called on Malthouse to step down.

"You talked to me so I could understand. I appreciate that more than you know."

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EVERYBODY'S WORKING FOR THE WEEKEND



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

Last week, my friend Amy quit her job. There's nothing particularly interesting about this other than the fact that she gave her notice without any sort of plan for what comes next.

It's pretty bold to give up a stable working environment before you figure out your next step. Simultaneously liberating and terrifying, leaving a bad job is great, but giving up a regular paycheck certainly isn't. Part of me is jealous of Amy's optimism toward her uncertain future; the other part of me needs to pay my rent next month and likes owning a fancy cellphone.

Up until this point, everything has been carefully mapped out for us: go to school, get a job, make money, feel satisfied with your grown-up life, etc. But what happens when you realize that perhaps this isn't exactly where you want to be? Is it too late to hit the reset button on your career?

The short answer is: absolutely not.

For our parents and grandparents, a long-term career

with the same company was the holy grail of the working world. But in today's increasingly grim economy, a non-traditional workforce is evolving. We're now expected to embrace instability and jump from job to job with ease. And all of the perks that come with full-time employment — job security, health benefits, retirement plans — just seem like outdated luxuries.

Almost everyone I know is doing something other than working full-time at a stable job. I currently operate three separate work-related email addresses and, on a good

week, have up to five different bosses. We're all enrolled in continuing education, freelancing on the side, working on contract and generally not expecting to be in the same job five years down the road.

I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else: graphic designer/server, retail manager/blogger, teacher/photographer and so on.

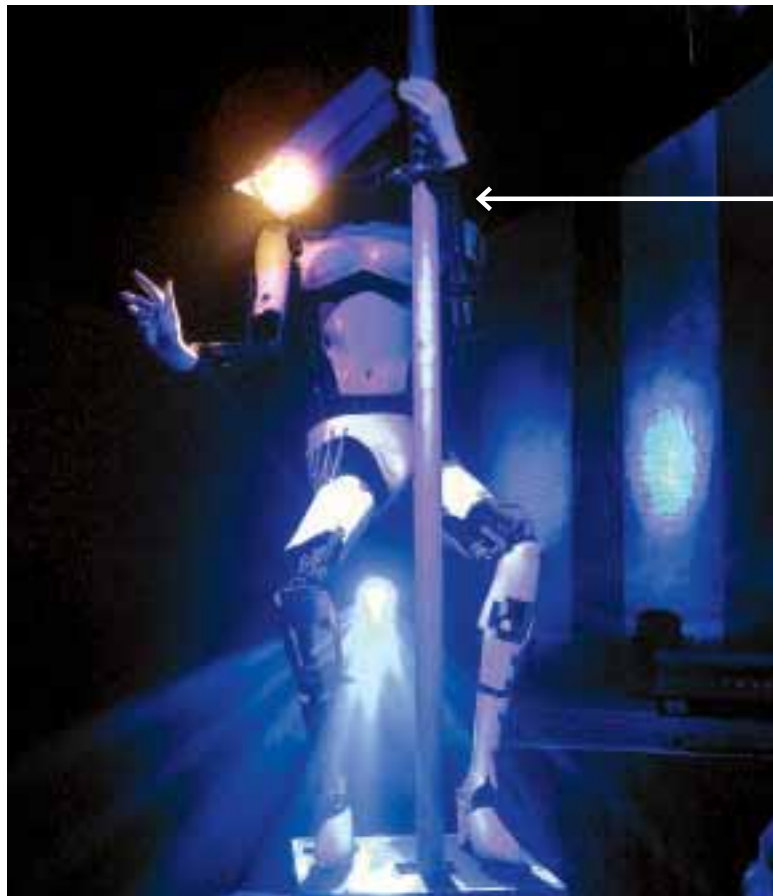
I have one friend who works in banking and is getting her MBA part-time. She recently announced, without even a hint of irony, that she has started babysitting on the side in order to make some extra money. Apparently in a competitive job market you can't be above stealing employment opportunities from 13-year-olds.

So maybe it isn't so crazy to quit your job without a backup plan. As dreams of lifetime employment are replaced with an "until something better comes along" mentality, flexible has become the new full-time.



A bike rider does some serious multitasking as he makes the most of his morning outside the U of T campus. AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

This robot doesn't make calls



GETTY IMAGES

Push your buttons

Robogirls grind at high-tech expo

GERMANY. At least for some, all things technological get all the attention.

A "pole-dancing" robot is pictured during preparations at the CeBIT, the world's largest computer expo. The biggest tech expo takes place at the largest exhibition ground in the world, the Hanover fairground.

METRO WORLD NEWS

Debut

These works of art are not for sale

U.K. For those interested, these alluring robots of the female persuasion are not up for sale at the expo. They are works of art by 44-year-old British sculptor Giles Walker, which were first featured at a 2006 exhibit — Peepshow — by U.K.-based alternative art and cultural movement Mutate Britain.

METRO WORLD NEWS



A technician adjusts a robot. GETTY IMAGES

They are made from...

"My robots are low-tech, built from scrapyard parts. The motors in them are mainly wind-screen-wiper motors."

Giles Walker
sculptor

Walker says...

Voyeurism in our society

"It links the ideas of surveillance and voyeurism. We all live in a peep show with these mechanical peeping Toms on every street!"

Staring at real buttocks...

"I looked at the real thing and adjusted the motor to get the movement right."

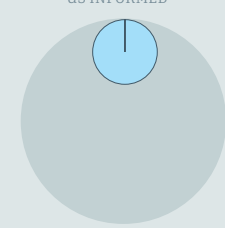


Register at metropolitanpanel.ca and take the quick poll

Do you think \$12.4 million is a reasonable amount for the government to spend on advertising the budget?

Survey says...

9%
YES. IT'S IMPORTANT TO KEEP US INFORMED



91%
NO. IT'S A WASTE OF MY MONEY

Twitter

@Dan_ONeal: Beautiful day in #ldnont I love the flicker of ice crystals dancing in the air. If only it happened in +15 degrees.

@aaroncowellcook: Tweaking my red velvet donut recipe this morning. Who wants bacon, maple glazed donuts #ldnont #staytuned

@snazzypotato: Hey #LdnOnt anyone else find their water tastes/smells like

chlorine lately? #Yikes

@blakebarkley: -11 degrees today then +12 forecasted for Wednesday??? This weather is so weird. #cdn-weather #ldnont

@Sadie_Liz: A friend is looking for a good (inexpensive) place to hold a baby shower in #Ldnont if you know of any please let me know. Thanks!

DVD reviews

The Skin I Live In

Director. Pedro Almodovar

Stars. Antonio Banderas, Elena Anaya, Jan Cornet

In *The Skin I Live In*, Madrid master Pedro Almodovar turns more Ed Wood than Hollywood. There's weird science and kinkier sex.

Antonio Banderas is chilly plastic surgeon Dr. Robert Ledgard who has a laboratory inside his gated mansion where he seeks to invent artificial human skin by radical methods. His home also houses a beautiful, suicidal patient named Vera (Cairo Time's Elena Anaya). This more freaky than frightful, a "B" picture by an "A" director.

Footloose

Director. Craig Brewer

Stars. Kenny Wormald, Julianne Hough, Dennis Quaid

The 2011 remake of 1984's *Footloose* is virtually a beat-for-beat copy of its Reagan-era forbear. Director Craig Brewer sticks to the vanilla basics. The rebooted *Footloose* isn't as bad as feared, but neither is it the least bit necessary. **PETER HOWELL**



The story of John Carter first appeared in serialized form in a magazine in 1912. / HANDOUT

John Carter's West 'trumps' his fans

Sci-Fi. John Carter star Dominic West talks about his *Star Wars* and the line that sparked a following



NED EHRBAR
scene@metronews.ca



British actor Dominic West has become quite the familiar face thanks to his critically acclaimed run as Detective Jimmy McNulty on HBO's *The Wire*. And while the deserts of Mars are a long way from the streets of Baltimore, Md., John Carter is hardly his first foray into the science-fiction genre.

"I was in *Star Wars*, I don't

know if you knew that," he says with a coy grin. "I've got a ridiculous hat on. I played two parts in the *Phantom Menace*. The first one — I think I had two lines, which were cut — was a Naboo officer, and then the next one was Palace Guard, who remained. I say, 'The boy is here to see you, your highness.'"

And while the 3D re-release of the *Phantom Menace* last month has many learning in retrospect about his involvement in the blockbuster franchise, West reveals that he's gotten more fan attention for that one line than for five seasons of *The Wire*, believe it or not. And they don't just send fan mail: West often receives copies of his *Star Wars* Top Trumps card — a children's card game — to be autographed. But fans looking for



Dominic West / HANDOUT

such a favour should proceed with caution. "Whenever they send me my Top Trump card, I never send it back. I keep that and send them a photograph," he says. "They should know better than to contact a palace guard and say things like, 'We loved your work in *Star Wars* and thought you were amazing, what you were doing.' You go, 'Shut up, give me that Top Trumps card.'"

John Carter

What's in a name?

Titles can be a tricky thing, especially when you're producing and releasing a \$200 million-plus potential franchise starter. Somewhere in its journey to the screen, John Carter of Mars became John Carter — and it's not necessarily something the film's producers are thrilled about. "I think John Carter is a very, frankly, vanilla name," admits producer Lindsay Collins. "Apparently there was some study done of movies that had Mars in the title — every single one of them have tanked."



SCENE



Scene in brief

Airport Kitsch

Philippine official says Friday Night Lights star Taylor Kitsch was not hassled at Manila's airport recently, as the Canadian actor indicated. Kitsch said Wednesday on the Late Show with David Letterman that customs officers stopped him at the airport and ordered him back to Japan because his passport didn't have enough pages to stamp. Kitsch said he was let in only after proving with his iPhone that he was an actor. Philippine Customs chief Ruffy Biazon wrote in his blog Friday that no airport records show Kitsch visited Manila, and that his officers do not stamp passports.

On the Web



War Horse Song Person
Melanie Doane says show's folk tunes feel natural to her.

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Demi gets a visit from ex-hubby, but don't expect a reconciliation

There's at least one person who knows the location of Demi Moore's secret post-rehab vacation: her estranged husband, Ashton Kutcher.

The Two and a Half Men star paid a visit to the recovering actress recently, according to People magazine — not that he was exactly enthused about it.

"They are not getting back together. He knew it was important to her daughters," a source says of the visit.

As for where it took place, sources tell E! News that they spotted Moore on a private beach near Parrot Cay in Turks and Caicos, at an ultra-exclusive resort only accessible by boat.



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HACKERS POST NAKED CELEB PICS ... AGAIN

Metro has your celebrity gossip covered

METRO STAFF

Hacking scandal ... again

More naked celeb photos: Real or fake?



THE WORD
Dorothy Robinson
scene@metronews.ca

Another day, another phone hacking scandal involving half-dressed celebrities.

This time, Christina Hendricks and Olivia Munn are victims after an anonymous user on Motherless.com asked the site's forum readers which celebrity they

would like to see naked.

When they answered Munn and Hendricks, the user, apparently through hacking magic, got onto Munn's and Hendricks' phones, grabbed some scandalous photos and posted them all over the Internet.

Munn's leaked pictures have dirty writing superimposed over hardcore photos of the actress. Hendricks' pics are mostly of the Mad Men star in half-dress, while one is a full-on shot of her world-famous rack.

A rep for Hendricks tells Gossip Cop, "Christina's phone was in fact hacked and photos were stolen," noting, "the topless image is fake and not an image of Christina."

Munn is denying everything — she tweeted that the photos aren't hers. (If real, her pictures are some Hustler-level stuff.)

Honestly, if you were that hot with enough of an ego to be an actor, you'd probably take naked photos of yourself, too.

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

Oh, baby!

- **Snooki is pregnant — and apparently engaged.** The Jersey Shore star has yet to confirm either report, but insiders tell E! News and People magazine that her boyfriend, Jionni LaValle, popped the question. And there you have it: Snooki is finally being made an honest woman.

Birthday boy Bieber only had eyes for Gomez at star-studded bash



Justin Bieber celebrated his 18th birthday with a star-studded surprise bash thrown by his manager and his mom at the Beverly Wilshire hotel in L.A., according to Us Weekly. "Everyone danced all night," a source says of the soirée. Despite notable guests like Mike Tyson and Kim Kardashian, the birthday boy only had eyes for

Selena Gomez.

The actress flew in from Florida, where she's filming a movie.

"He was all over Selena the whole time, walking her around by the hand," a source says. "He kept kissing her."

As for presents, his manager, Scooter Braun, bought Bieber a \$102,000 one-of-a-kind Fisker Karma hybrid sports car.

Twitter



@woodeljah
Samoas! those are my jam



@KChenoweth
I'm in bed resting. Healing. And watching Tom Cruise in The Last Samarai. For the fifth time.



@John_Lithgow
Did a 3D double feature, HUGO and PINA. My head's spinning.



@Joan_Rivers
Lindsay Lohan was so bad on SNL that the judge is sending her back to rehab, but for acting lessons.

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The London Free Press



metro



As we shy away from calling people fat, are we really being kinder calling them curvy? GETTY IMAGES

Is 'curvy' the new fat?

Weight tends to be a sensitive issue at the best of times. But now more than ever it is important to be happy with how you look

ROMINA MCGUINNNESS
wellness@metronews.ca



Calling someone fat isn't very nice — Karl Lagerfeld learned that the hard way, after he called Adele overweight in Metro, drawing the ire of fans everywhere. But using the word "curvy" — is that wrong? It's usually meant as a compliment for a person with the right amount of flesh, in the right places. We're thinking Marilyn Monroe's hips, Christina Hendricks' bosom and Kim Kardashian's round-end bum.

But what happens if someone has a little too much flesh where they shouldn't? Do they go from being wonderfully curvy to dangerously fat?

The line between the two words has been blurred. Britney Spears for example, has been simultaneously described by tabloids as "out of shape" and "stunning".

Adele is a prime example. Everyone goes on about her weight — she even jokes about it herself (if she could be the face of anything, it would be full fat Coke, she said last September).

So why did Vogue UK smooth out her curves on her February cover?

On the same note, people can't seem to make up their minds as to whether or not 2012 Sports Illustrated Swimsuit cover girl Kate Upton is fat or curvy because her breasts fill her bikini top.

Plus sized model Tara Lynn has posed nude for Vogue Italia, and last summer, and she was the face of H&M's 'Big is Beautiful' swimwear collection. She knows what it's like to be a not-so-skinny-girl working in an environment strongly influenced by the size zero.

"Anyone can take one word and use it in an endless

context," she says.

"Someone could say 'voluptuous' to mask saying another word such as 'obese'. Thankfully, being plus sized is no longer a taboo, even though the media constantly exposes us to a repetition of skinny images day in, day out, making us feel like we need to fit in."

The need to conform is

what drives us to follow trends, and fear exclusion.

"The problem is we can't go all go by one unrealistic body image," adds Lynn.

She believes we need is a diverse perception of beauty covering a broad spectrum of shapes and sizes — no matter what we label them.

"I'm pleading with you to be happy with your body,"

Expert opinion



Gwendolyn DeVoe, creator and executive producer of Full Figured Fashion Week

- **Calling someone fat is offensive, but do you think people are now using 'curvy' to mean the same thing?** I don't think so at all. 'Curvy' and 'fat' are two different terms. Curvy, to me, is a positive term. A woman who is considered

curvy can be a size 10 or a size 20. Curves are curves, no matter what the size. When someone describes a woman as being curvy, in my opinion, they are using it in a positive fashion whereas many people tend to use the word fat in a negative fashion. It's actually refreshing to see people now being more accepting of curvy bodies.

Best Health

Best health portion checker



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

Do you know how cow's milk compares with soy, almond and rice beverages in terms of calories and fat?

In each issue of Best Health magazine, we look at portion sizes and compare their ingredients and nutrients.

Here, from the March/April issue, we look at how one cup (250 mL) of milk and other beverages compare:

Skim milk
has 90 calories, 0.5



grams fat, 8 grams protein

1% milk
has 100 calories, 2.5 grams fat, 9 grams protein

2% milk
has 130 calories, 5 grams fat, 9 grams protein

Unsweetened soy beverage



has 80 calories, 4 grams fat, 7 grams protein

Unsweetened rice beverage
has 110 calories, 1 gram fat, 2 grams protein

Unsweetened almond beverage
has 30 calories, 2 grams fat, 1 gram protein

Health fact

Citrus

According to research reported in the Journal of American Heart Association, citrus contains a class of compounds called flavonoids that are believed to provide protection as they improve blood vessel function and have an anti-inflammatory effect.

On the Web



Experimental drug holds promise for use as post-stroke therapy: study



Greek & English fares mingle at London Pride & Kalamata



Halibut and Chips (\$12.95) PAUL MITCHELL



LUNCH RUSH
Paul Mitchell
life@metronews.ca

Stubbornly resisting change, Old South's London Pride and Kalamata is a quaint restaurant

where good food wins out over dated decor.

The confusing duo of names reflects two distinctly different menus. Traditional Greek fare such as Mousaka (\$14.95) and Lamb Souvlaki (\$18.95) is served alongside English-style

fish and chips and diner sandwiches.

I order the irresistible Saganaki — Kaseri cheese fueled by Ouzo (\$9.95). It arrives with a flash of flames and sizzles its way onto fresh rolls. Switching gears, I order Halibut and Chips

(\$12.95) and pay extra for olive oil and feta topped Bouzouki Fries.

The fish is tender, flakey and creamy with an incredible batter that is crispy but not greasy. It is well worth the price.

With a menu and atmosphere that tries to be all things to all people, Kalamata embraces its tradition of friendly service with a cute ambience that defies any temptation to modernize.

Visiting the restaurant

London Pride and Kalamata Restaurant

Address. 405 - 407 Chester St.

Phone. 519-432-7606

Rating. 3.5/5

Price range. \$4.95 - \$18.95

Lunch with co-workers. Yes

Social lunch. Yes

Client negotiations. No

Curry Tuna. In a hurry after work? Get dinner ready in a few minutes



This meal can be ready in no time for tired and hungry workers who want a spicy curry in a hurry. The recipe can easily be doubled to make four servings. Serve over rice or accompany with naan bread if desired.

1 In a large saucepan over medium heat, melt butter. Add the garlic. Stir in the tuna, sour cream and curry powder. Heat until warm and serve. Garnish with cil-

Ingredients

- 15 ml (1 tbsp) butter
- 1 clove garlic, minced
- 2 cans (each 85 g) flaked light tuna (spicy Thai chili flavour)
- 250 ml (1 cup) low-fat sour cream
- 5 ml (1 tsp) curry powder
- Cilantro sprigs, for garnish (optional)

antro sprigs, if desired.
CLOVER LEAF/ THE CANADIAN PRESS

Stir-fry to make the wok sizzle

Stir-fries are a great dinner option when you want something quick that allows you to use the veggies and meats you already have in your fridge and freezer.

While this Coconut Pork Stir-Fry uses mushrooms, red peppers, onions and spinach, it would work just as well with veggies such as yellow or green peppers, broccoli, green beans, water chestnuts and red onions.

You can also swap out pork for chicken or tofu if you prefer.

While the recipe calls for rice you could also try it with soba noodles or brown rice instead.

1 Combine the marinade ingredients in a

bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

2 Heat the oil in large skillet or wok over medium-high heat until hot. Stir-fry the pork, 1/2 at a time, 1 to 2 minutes or until outside surface is browned. Remove the pork from the pan with slotted spoon.

3 Stir-fry mushrooms, bell pepper and onion in same pan for 3 to 5 minutes or until onion is crisp-tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilted, stirring occasionally. Serve over rice if desired.

NEWS CANADA

Ingredients

Marinade

- 1 tbsp soy sauce
- 1 tsp ground ginger
- 1/2 tsp Chinese five spice
- 1/2 tsp crushed red pepper

Stir-Fry

- 375 g pork tenderloin, cut lengthwise in half, then crosswise into 1/4 inch/6 mm thick slices
- 1 tbsp Mazola Veg Plus! canola

and vegetable oil blend

- 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices
- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional

Coconut Pork Stir-Fry



This recipe makes four to six servings. NEWS CANADA

Re-defining 'the dream'

Why are happy people 'rich'?



FUN AND FRUGAL
Leslie Scorgie
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I read a Fastcompany.com article last week about how the happiest people are spending their money. It's clear that happy people live lives that are rich; 'rich' meaning balanced and largely stress-free.

Happy people often have a different idea of 'the dream.' Rather than working to afford a big house and two cars, they're creating their own 'dream' based on what makes them fulfilled.

For example, instead of

living in the suburbs, many buy smaller, more centrally located homes where they don't need a car.

They save time commuting, exercise more, have fewer expenses and a lower environmental footprint.

Redefining 'the dream' also means less stress. Happy people spend money on affordable experiences, not accumulating 'stuff' that contributes to debt.

For example, many would

prefer to travel versus hosting a lavish wedding; while others spend money on house cleaning so that they have more time to spend with their kids.

Prioritizing expenses to afford personally fulfilling experiences also means living within their means. That in turn translates into less debt and reduced stress.

Happy people also find creative ways to make more money. Some become full-time entrepreneurs. Others

keep working their nine-to-five job, and turn their hobbies, like photography, music or teaching, into extra income by selling their services or inventing new products.

This crowd is frugal and resourceful, which enables them to save for their vision of retirement. Interestingly, many have selected careers that will carry them well past the traditional retirement age of 65.

Like happy people, choos-

ing to not to keep up with the Joneses can buy you more time to focus on the things that matter to you. And it will help you build financial freedom by avoiding debt and having more money for savings.

Bing 'rich' is about having the freedom to pursue your dreams and afford the price tags associated with those dreams. It's not about living up to society's expectation of 'the dream.'

Say goodbye to the yearly panic

RRSP contributions.

Don't miss the boat again this year. It's time to set up monthly automatic deposits.



YOUR MONEY
Alison Griffiths
money@metronews.ca

You did it again. You went down to the RRSP wire, raided the kids' piggy banks, maybe leaned on your line of credit or put the touch on a grandparent then rushed off to make your last minute contribution.

With just under a year until the next RRSP deadline, you resolutely swear you're not going to do the last minute thing again. But I find that RRSP contribution vows, like New Year's resolutions, tend to get tossed aside in the stampede of life.

Take heart, I have a solution. Before the week is over set up an automatic transfer from your bank account to your RRSP. Just do it! Money that is out of sight is out of mind and, better yet, sheltered from spending urges.

While it would be nice to max out your RRSP contributions through monthly deposits, that's unrealistic for many, especially those with families, mortgages and car loans.

Instead, pick a number you can live with that won't stress you financially. Even \$50 or \$100 will start you off and chances are the money won't be missed if it is out of your account before you even have time to think about spending it. To be safe, set up the transfer a couple of days after your paycheque is deposited.

Here's a trick to go along with an automatic contribution plan. Give yourself an RRSP raise on a regular basis. Every six months or so bump up the transfer into your

Who's planning ahead?

43%

The percentage of 18- to 34-year-olds that do not have an RRSP account.

RRSP by a bit. You won't feel the pinch but the habit, once ingrained, will eventually turn into a nice tax deduction year in and year out.

Another rationale to this plan is the benefit of regular investing, called dollar cost averaging. If you contribute to your RRSP monthly, and invest in a group of quality products at the same time, you will have a much better return over time than those who make haphazard lump sum contributions and investments.

Dollar cost averaging evens out the ups and downs of the stock market and interest rates and also saves you from trying to guess when is the best time to invest. Research shows pretty much everyone gets it wrong over time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM



A little saving now can make for smoother sailing later. / ISTOCK

Alison's money rule:

"Don't wait until your financial ship comes in. Save for retirement monthly to achieve the most secure nest egg."

Toss out your takeout menus — cook dinner at home



TINA CHADHA
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By the time you get home from work you're starving, tired and ready to pop a frozen burrito in the microwave. (Or, even better, order pizza!)

It might seem like a good idea at the time, but ordering all that takeout is likely having an effect on your wallet — not to mention your waistline.

But there's still hope for home-prepared meals in your future. U.K. culinary star Sophie Wright — the



youngest head chef in England at age 20 — insists making dinner doesn't have to be time- or labour-intensive.

"You just need to be well organized," says Wright. "You need to have an idea [of a recipe] in the back of your head. Maybe flick through a cookbook the night before."

Then, rather than stopping for a slice of pizza on the way home, stop at the supermarket and pick up a few bits and make a really nice meal."

If this sounds like a case of easier-said-than-done, Wright shows us how in

her new book, *Home at 7, Dinner at 8*, which is filled with 80 easy, fancy-sounding recipes, such as Honey Roasted Pork Tenderloin and Red Wine, Gorgonzola and Orange Risotto that can be in your belly in less than an hour.

Taking into account that Wright chops food a lot faster than us novice cooks, the chef added on extra time to each recipe and made sure not to use too many pans ("It's horrible washing up after you cook").

But the true test: "My guinea pig is my boyfriend, who is the most incompetent cook," she says, laugh-

ing, "I know that if he can do it, anyone can."



Wright's tips:

Keep a non-stick frying pan.

- **Always stock your pantry.** You can make anything taste good with olive oil, salt, pepper and staple spices like ground cumin, ground coriander, chili and paprika.
- **When chopping an onion, chop an extra one.** Store it in a sandwich bag in your fridge for the next day.
- **Freeze extra fresh herbs.** You have them ready to go for the next time you're cooking.



Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a home or car. / ISTOCKPHOTO/THINKSTOCK

Borrowing basics

Advice. Make sure you choose the right loan — and the right lender

JANE DOUCET
For Metro

Spring is just around the corner, and with it comes visions of putting an addition on the house, landscaping the garden, taking a warm vacation to shake off winter's chill or shelling out big bucks for your (or your child's) wedding. While they are all exciting plans, many Canadians will be asking themselves, how will I ever pay for them?

For some, the answer will be to apply for a loan. "Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a cottage or car," says Christine Zalzal, vice-president of marketing at B2B Trust, a third-party supplier of investment and RRSP loans



There are numerous things to think about when planning to get a loan. / ISTOCKPHOTO/THINKSTOCK

in Canada.

When looking for a lender, it's important to make sure the person you deal with at the lending institution is reputable and trustworthy, and that he or she really listens to your needs.

"Both the lender and the borrower have to properly assess the borrower's current

and future financial goals before choosing the right type of loan or product," says Zalzal.

It's also important to consider whether you will be able to meet the loan payments if there is a change in your personal situation, such as you or your partner lose your job or you get divorced.

professional advice from your banker or financial adviser. "Borrowing money is a big and very personal decision," he says. "You have to ask yourself, how much should I borrow? What's my income? What's the best kind of borrowing for me?"

Before you can determine how much money you should borrow, it's vital to understand how much money you already spend each month and where you spend it. Then you can decide where to trim so you can set aside adequate funds to meet your loan payments.

Regardless of whether you borrow money from a bank or another lending institution, you must make sure you can afford to pay back the loan as per the lending agreement.

"Consumers should sleep easy at night knowing they're comfortable with their borrowing plan," says Zalzal. "If they have anxiety over it, they should revisit it."

Mistakes

Avoid these common blunders when you are planning for a loan

Don't want to end up drowning in loan debt? Richard Goyder, vice-president of personal lending at RBC, reveals some common borrowing mistakes and how to avoid them.

Choosing the wrong type of product. If you use a credit card to borrow a large amount of money, you will get dinged with a high interest rate.

"A better idea is to borrow on a line of credit, which has a lower rate of interest," says Goyder.

Not seeking advice. The different types of borrowing options, including secured and unsecured lines of credit and instalment loans — can be confusing if you are unfamiliar with them. "A financial adviser can explain them and help determine which is best for your situation," says Goyder.

Refusing to create a spending plan. It's a fact — budgets are boring. But they are also necessary to ensure you can meet your monthly loan payments. If you don't have a monthly budget, you may borrow too much and not be able to make the payments. Being unaware of your credit score.

A credit score lets lenders know if you are a safe or poor risk to borrow money. If you don't know your score, you can determine it by doing a credit score report online or having your banker do one for you.

Neglecting to approach your own bank. Although it might be tempting to respond to another lender's flashy advertisement, no one knows your financial situation better than your bank.

Because your banker already has your business, it might mean you will get a better deal than elsewhere.

Having too much debt in too many places. This scenario could land you in serious financial trouble, but there is a solution.

"Consolidating your debt can be a very sensible and clever way of saving yourself money on repayments," says Goyder.

JANE DOUCET

Let a specialist navigate your car loan

Investment.

Most people need to borrow money when purchasing a vehicle

Next to a house, a car or post-secondary education is probably one of the biggest investments you will make.

When purchasing a car,

either from a dealership or through a private sale, most people need to secure a loan. The first step is to speak to a specialist who will guide you through the application process and advise you of the available options, says Shahz Beig, associate vice-president, personal lending, TD Canada Trust.

In contrast to a house, you don't need a down payment for a car; you can borrow the

entire amount, as long as you qualify. You will need a bill of sale, and proof of registration, ownership and insurance, says Beig.

The interest rate on a car loan depends on the size of the loan and the number of years you take to pay it off. Interest rates for such loans are lower than for unsecured loans, and can be as low as prime plus 1.75 per cent, says Beig.

As a new car buyer, you can choose a fixed or variable rate with a wide range of payment terms. Bear in mind that the longer the term, the lower your monthly payments. For a new car, you can take up to seven years to repay the loan, but you can pay it off at any time.

"For example, if you can take a loan out for \$10,000, you can pay it off in full in

six months if you please, and there are no penalties or fees associated with that," says Beig.

Since the car is considered collateral against the loan, and a vehicle depreciates over time, you have only up to five years to repay a loan to purchase a used car, and the interest rate would be slightly higher.

Another significant expense is a university or college education. The TD offers

undergraduates a line of credit of up to \$40,000 over four years at an interest rate of prime plus 1.5 per cent (totaling 4.5 per cent), says Beig. He believes this rate is better than for provincial student assistance programs. The bank also offers lines of credit for post-grads, even up to \$200,000, at prime, to qualifying medical and dental students.

PAULINE ANDERSON



If you are looking to build a home, work with a specialist to arrange a loan.
ISTOCKPHOTO/THINKSTOCK

Time to build a dream home

As mortgage rates continue to be relatively low and promise to remain unchanged for at least the short term, this is a good time to consider getting a loan to purchase your dream home.

Start by working with a specialist to get pre-approved, says Farhaneh Haque, director, mortgage advice, TD Canada Trust. This process helps determine the type of loan for which you qualify.

"It gives you the confidence to look at properties that are within your budget," says Haque. "There's nothing worse than falling in love with a home only to find out that you can't afford it."

Part of the pre-approval process involves evaluating your credit rating. "Sometimes we uncover something that you may not even know about, so if there are any skeletons in the closet, we can point you in right direction to rectify that," says Haque.

Selecting the right mortgage — fixed or variable, short or longer term, "open" or "closed" — is as important as finding the right house. Most buyers live in their first house for only about three years so Haque suggests asking about a mortgage's flexibility.

"Can I take this mortgage with me? Can I increase it?

Can I pay more towards the principle? If I need to take a short break from payments, can I do that?"

The minimum down payment is five per cent. Of course, it's better to put down a larger amount so payments aren't so overwhelming and you have a better equity position, says Haque.

Homebuyers can tap into their registered retirement savings plans to purchase a home. You and your partner can each withdraw up to \$25,000, although some conditions apply and it has to be repaid, generally within 15 years.

Remember that the price of the house is not the only expense; there are also closing fees, moving costs, lawyer payments and other incidental costs to consider.

"These need to be built into your budget," says Haque. And in addition to mortgage payments, there are other regular household expenses, including heating, property taxes, maintenance and renovations. A rule of thumb is that monthly housing costs shouldn't be more than 32 per cent of your gross monthly income.

For further information, visit tdcanadatrust.com/homeownership.

PAULINE ANDERSON



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Women in red prove more attractive to men, says study

Desire. Never underestimate the power of a woman in red. A new study looks at what attracts men to women and proves that red really is the colour of love.

CASSANDRA
GARRISON
life@metronews.ca



Men who participated in the study looked at photographs of women framed by borders of different colours, including red. They were asked to judge how pretty they perceived the women to be.

Later, they viewed images of women wearing red shirts and were asked how much money they'd be willing to spend on each woman if they were on a date with her.

Turns out, the women wearing red or framed in red came out on top. These women were:

- rated significantly more attractive
- rated more sexually desirable

- more likely to be asked to the prom
- more likely to be treated to an expensive date

However, the colour red did not affect other factors the men were asked to comment on about the women, like likeability, intelligence or kindness.

This study could very well be the only scientific document on the effects of colour on behaviour in relationships.

"Much is known about colour physics and colour psychology, but very little about colour psychology," said psychology professor Andrew Elliot, a researcher on the study. "It's fascinating to find that something as ubiquitous as colour can be having an effect on our behaviour without our awareness."

Though society has deemed red the colour of passion, the attraction to it might be more scientific.

Primates offer a clear example. The females of some species will redder when nearing ovulation — sending the message that it's mating time.

"Our research demonstrates a parallel in the way that human and non-human



Ladies, if you're trying to impress the men, wear red. ISTOCK

male primates respond to red," said the study's authors. "As much as men might

like to think that they respond to women in a thoughtful, sophisticated manner, it

appears that at least to some degree, their preferences and predilections are, in a word,

primitive."

Yep, just confirming what we already knew.

Dividing up the birthday dinner bill



CHARLES
THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

I am coordinating a birthday dinner for a friend. Each attendee is expected to pay his/her own bill. The birthday girl's husband is attending. I would like to cover her bill, not his. Any suggestions? Hostess

Dear Hostess,

Since these two people are a couple, they should be treated as such and so the bill

absolutely should be paid for both the birthday girl and her husband. Now, you have several ways to deal with this.

Firstly, you can take the total bill including tip and divide this equally among those who are left paying. This will give you the equal amount each paying person contributes for the total bill including tip. In this scenario, all paying people have paid for themselves and an equal

portion for the couple being hosted. Your second option would be to take the total bill including tip divided by the total number of people including the birthday girl and her husband. In this case you are responsible to pay for three shares (yours, the birthday girl's and her husband's). In this scenario, guests pay their own share only and you would be paying for yourself and the two guests. Bon appétit!



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Head coach Randy Carlyle gives an animated discourse to the Maple Leafs at a team practice on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Leafs looking to play more conservatively

Game Plan. New coach puts focus on improving defence, shifts away from wide open hockey

The days of wide open hockey are over. Gone is the free-flowing, opportunity-trading game that put the Toronto Maple Leafs on course for another season outside the playoffs.

Randy Carlyle's first couple days as head coach centred around tightening things up.

"I think every team can play better defensively," Carlyle said Monday. "Everybody practises defensive zone coverage, everybody practises neutral ice defensive schemes and everybody practises their forecheck.... We're no different. It just might be a little different from what the previous coaching staff had in place.

"That's all. We're going to continually focus on being somewhat more conservative as far as giving people up in the offensive zone."

It could be a significant shift for the Leafs, who have had trouble keeping the puck out of their net this season. While much of the blame for

that fell on goaltenders Jonas Gustavsson and James Reimer under previous coach Ron Wilson, Carlyle seems intent on shifting the onus to his forwards and defencemen as well.

Following a 3-1 victory over Montreal in Carlyle's debut on Saturday night, the Leafs went through a crash course in the new coach's system. He kept players on the ice for roughly two hours of practice on Sunday and Monday.

"That's all part of the learning curve that we feel is necessary to get our message (across) and to sell our program to these players at this

time," said Carlyle.

Under Wilson, the Leafs gained a reputation as being one of the fastest teams in the NHL. However, the wide-open style he championed didn't translate particularly well to the nights where his players didn't have their best.

There will be no magic elixir for a team sitting 12th in the Eastern Conference. The Leafs recalled energy forward Jay Rosehill on Monday and might insert him into the lineup Tuesday against the Boston Bruins.

With Wilson at the helm, Rosehill dressed for just 16 games before being sent to

the American Hockey League 10 days ago. He'll likely get more of an opportunity under Carlyle, who tends to favour a rough-and-tumble game.

The 26-year-old winger is one of many players in the dressing room feeling rejuvenated.

"There's a different energy here and rightfully so," said Rosehill. "After making a big change like we did, I'm sure that would be the case for any team."

Captain Dion Phaneuf met with Carlyle on Monday morning and said afterward that "it's a fresh start for everyone."

He expects that to be reflected in the game against Boston, which has beaten Toronto four times this season by a combined score of 23-6.

"Right now we're not looking into the past," said Phaneuf. "It's a big game for both teams, but we're not concentrating on the negatives of how we've played against them. We've got to come out, we've got to build on the way that we played in Montreal and keep getting better as a group."

Bruins

Turco gets the call to fill in for injured Rask

The Boston Bruins added some depth to their crease Monday, signing veteran goalie Marty Turco for the rest of the season.

The move will help lighten the load on starter Tim Thomas after backup Tuukka Rask was injured over the weekend.

Turco will be placed on waivers and if he clears, the 36-year-old will join the Bruins on Wednesday.

Turco will not be eligible to play in the playoffs because he joined the team after the Feb. 27 trade deadline.

THE CANADIAN PRESS



Marty Turco

RONALD MARTINEZ/GETTY IMAGES

Open line to Carlyle

During his previous stint with the Anaheim Ducks, Randy Carlyle earned a reputation of being a coach that demanded a lot from his players.

- On Monday, he pledged to keep an open line of communication with everyone around him in Toronto — from players to members of the media.
- "The less fibs that you tell, then you don't have to have

a good memory," said Carlyle.

- Citing superstition, he made it clear that one area that will remain off-limits is discussing which goaltender will start each night.



THE CANADIAN PRESS

Sports in brief

Pirates propose contract to McCutchen: Source

A person close to the situation says the Pittsburgh Pirates are closing in on a new contract with all-star centre-fielder Andrew McCutchen. The proposed six-year, \$51.5 million deal would keep McCutchen with the Pirates through the 2017 season with a club option for 2018. The person spoke on condition of anonymity because details were still being ironed out and McCutchen needed to pass a physical.

THE ASSOCIATED PRESS

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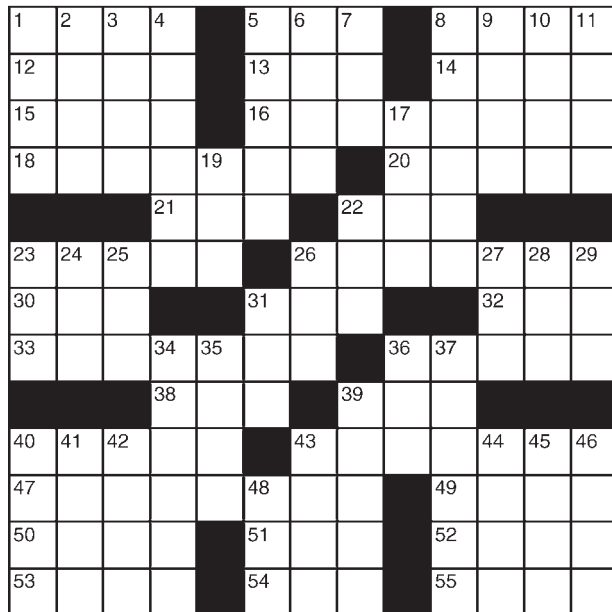
Crossword

Across

- 1 Perches
- 5 Recipe meas.
- 8 Diploma owner, for short
- 12 Versifier
- 13 — carte
- 14 Unusual
- 15 Basin accessory
- 16 Seek office, perhaps
- 18 Arthur's kingdom
- 20 Pester
- 21 Family member
- 22 Aged
- 23 Steed
- 26 "Avatar" writer/director
- 30 "— Got a Secret"
- 31 Distant
- 32 Lawyers' org.
- 33 Mothball material, once
- 36 Street urchin
- 38 "— the fields we go"
- 39 Wager
- 40 Animal track
- 43 Fine white linen
- 47 "Wichita Line-man" singer
- 49 Relaxation
- 50 Sheltered
- 51 Fish eggs
- 52 Aspen equipment
- 53 Flex
- 54 Toss in
- 55 Exam

Down

- 1 Detail, for short
- 2 Primary state
- 3 Abound
- 4 Emphasize
- 5 Mexican entrees
- 6 Venetian blind



- part
- 7 Cooking spray brand
 - 8 Starbucks order
 - 9 Picnic hamperer
 - 10 Jason's ship
 - 11 Say it isn't so
 - 17 Tropical tree
 - 19 Whopper
 - 22 Rowing need
 - 23 Toper's interruption
 - 24 Eggs
 - 25 Sleep phenom
 - 26 Ford or Lincoln
 - 27 Aries
 - 28 Japanese sash
 - 29 Tandoori bread
 - 31 Supporting

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a kiss

- **Nami.** This may be no secret, but I have loved you for a very long time. We've recently reconnected and I've never been so optimistic for my future. I hope you feel the same... From This Guy.
- **Team 4.** Dear Team 4, our time together has been the best of my life. When I dream I dream of you, I hope you know that. I hope that we can be together always. From Champion
- **you.** roses are red, violets are blue, waiting to hear from someone, that someone is you! From Blonde little girl.
- **kc.** Im going home now, hope you feel better, remember just dont lookme in thee eye and this will be easier, because i know if you do, you'll feel bad for me,, and i already recieved enough of your pity!!! Never wanted pity, wanted love but, well i guess for you and me there's always gunna be a BUT ehhs <3 From jg
- **Dear: Girlfriend in a Coma.** I miss you and I want a real kiss. You're so wet because I've been crying all over your face. Wake up, I want you!! Please Wake Up

Horoscope

Aries | March 21 - April 20.

You may not approve of a loved one's actions but neither are you going to condemn them.

Taurus | April 21 - May 21.

The most important thing today is that you decide what you are going to do. Don't keep changing your mind.

Gemini | May 22 - June 20.

If you don't feel happy where you are at the moment by all means get up and go some place else.

Cancer | June 21 - July 22.

Try not to read anything dramatic into what others are saying.

Leo | July 23 - Aug. 22.

If a friend makes a suggestion today

you must listen.

Virgo | Aug. 23 - Sept. 22.

The cosmic picture is somewhat uncertain today, so it might be wise to bet only on certainties.

Libra | Sept. 23 - Oct. 22.

Who says you have to see things the same way as everyone else? You're a Libra. You're different.

Scorpio | Oct. 23 - Nov. 21.

You can expect some really good things to happen over the next few days. Creatively and romantically you should set your sights high.

Sagittarius | Nov. 22 - Dec. 21.

An older relative knows more about a situation than you

do, so make sure you listen to, and act on, their advice.

Capricorn | Dec. 22 - Jan. 20.

You will find it difficult to make up your mind about something that would usually take you about three seconds to deal with.

Aquarius | Jan. 21 - Feb. 18.

There are so many opportunities available to you now that you may find it hard deciding which one to take advantage of. Go with the idea that first comes to mind.

Pisces | Feb. 19 - March 20.

Do what you want to do today and don't worry if those around you think it's a bad idea.

SALLY BROMPTON



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Phil

KATHY WILLENS / THE ASSOCIATED PRESS

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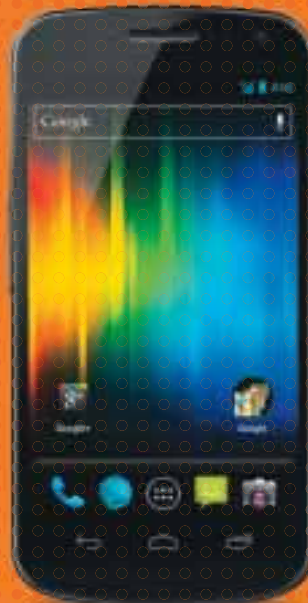
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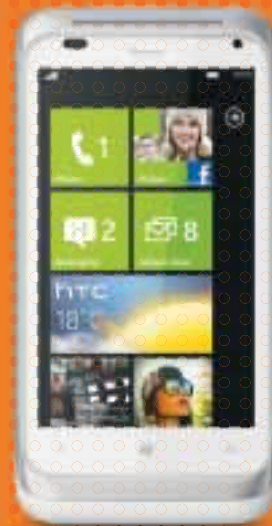
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